

Pington

A Modified Badminton Game

Description: Pington is very similar to Badminton and a great way to teach the rules of Badminton without students struggling to use a long handled striking element (badminton racquet). Students will play the game with a pickleball paddle instead of a badminton racquet so that students focus on the rules and strategy of the game instead of worrying about striking the birdie with a long handled racquet.

Equipment:

- Badminton Courts w/ nets.
- Pickleball Paddles
- 1 birdie for each court.
- Rule Reminder Sheets for each court (optional)
- Skill Demonstration and Note Sheets for each court (optional)

Basic Game Rules:

- Students will play in pairs to utilize the most activity for each student during class.
- All playing rules are the same as badminton and should be covered during skill instruction and before game play. Basic rules are as follows:
 - Serves must be underhand and travel in a diagonal path over the net (R-L or L-R)
 - Scoring only occurs when a team has the serve.
 - Announce your score before every serve to avoid confusion between the teams, your score is always announced first.
 - Play to 11 points, must win by 1 (can change to win by 2 depending on your class time and numbers)
 - When the score is even, servers must serve from the right service court.
 - When the score is odd, servers must serve from the left service court.
 - If the birdie hits a line, it is considered IN.
 - If there are any disputes about a birdie being in or out, players should either replay the point or rock-paper-scissors for a deciding vote.

Classroom Adaptations:

- Rotate teams every 5 minutes.
 - Rotate based on court location.
 - Rotate based on team that is leading at the time of rotation.

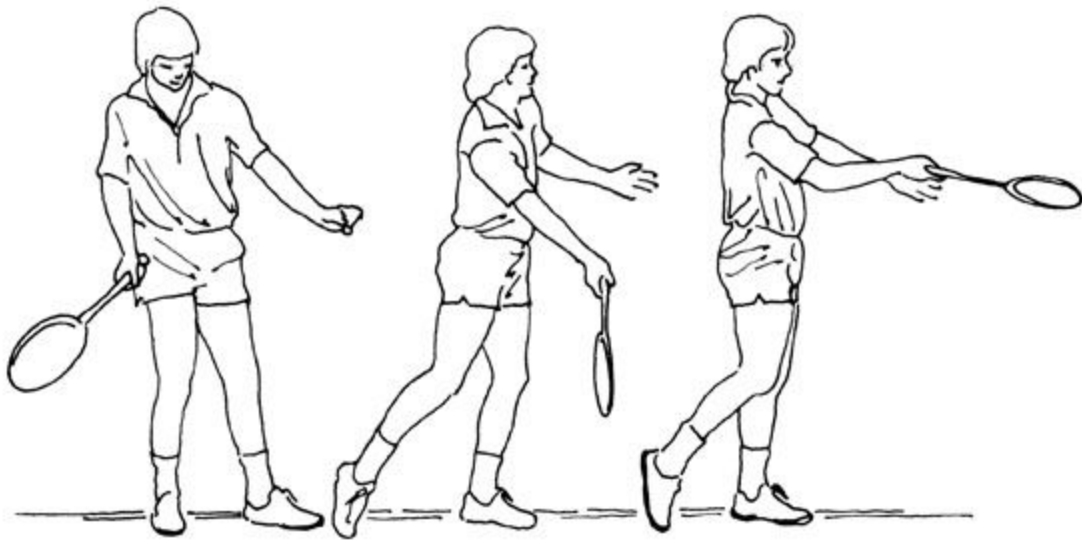
- For more competitive classes or more skilled students offer a “Kings Court” rotation where winners of each match move on to face the winners on the final court.

Skill Days:

- Prior to game play make sure to teach the required skills related to the game.
 - Underhand Serve
 - Underhand Clear
 - Overhead Clear
 - Smash
 - Drop Shot
 - Cross Court Shot
 - Drive Shot
- Also make sure to teach the vocabulary that is associated with the game.
 - In/Out
 - Net
 - Service Court
 - Foot Fault
 - Interference
- To review skills and vocabulary post the skill sheets on each court and before game play have the students do a self assessment of each sheet. Give students a couple minutes to execute each skill and then rotate them to the next court.
 - If you have technology that can film the students doing the skills....USE IT! Have students bring their iPads to class and film each other doing the skill and then have them post the best videos to Google Classroom, email them to you to post on your website, or send home so parents can see what students are doing in class!

Underhand Serve

(Pington and Badminton)



1. Stand in an athletic position with non-dominant hand to the net.
2. Hold birdie in non-dominant hand.
3. Swing paddle/racquet back, hinging at the wrist.
4. Swing paddle/racquet forward and drop birdie as paddle/racquet reaches your back hip.
5. Contact birdie in front of hips and serve the birdie diagonally to the opposing court.
6. To advance the skill, attempt to change the trajectory of the serve. (High and Deep, Short and Shallow, Left or Right of the service court).